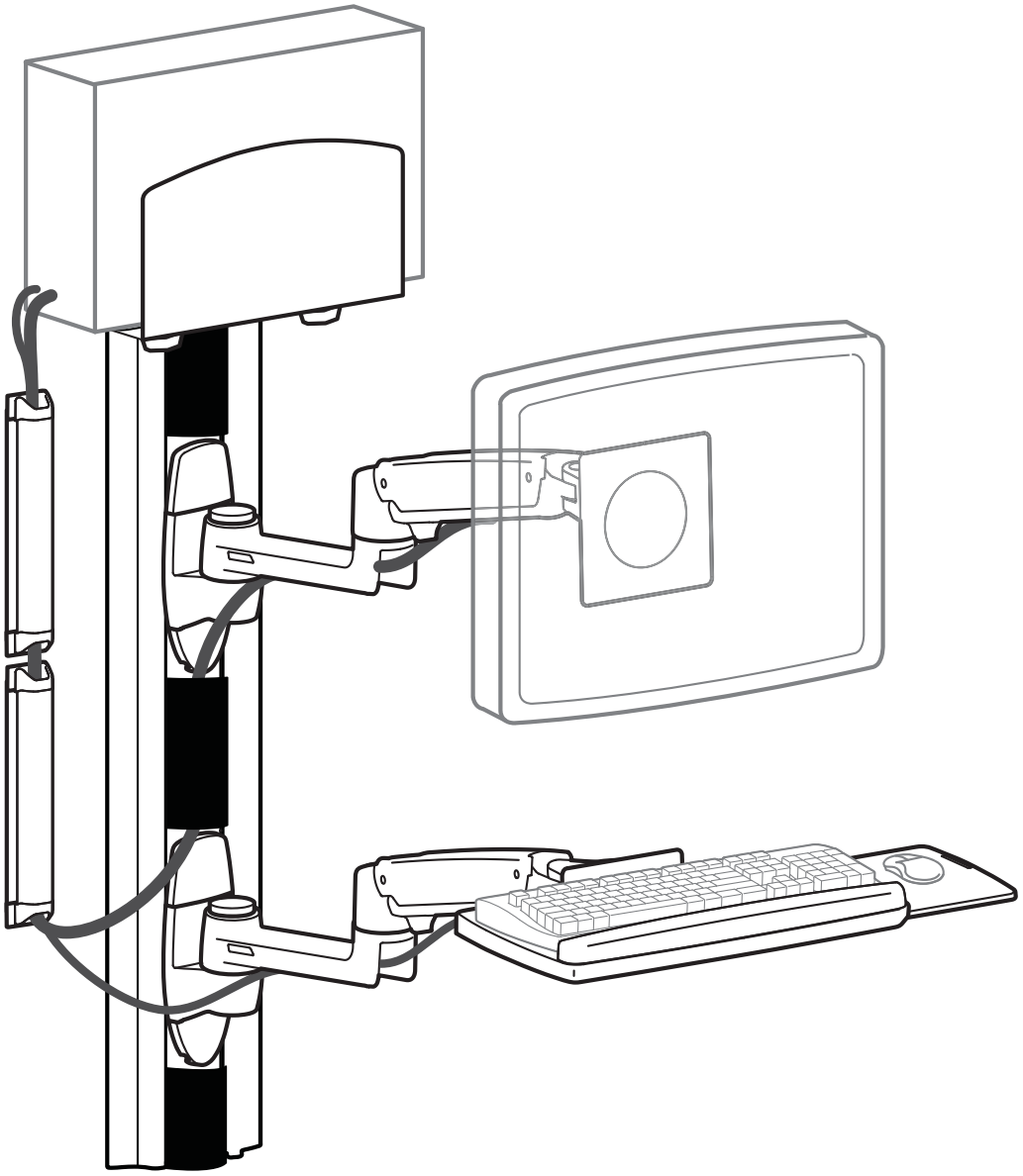
LX Wall Mount System



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Pour la dernière version du Guide d'installation de l'utilisateur, visitez : www.ergotron.com.

User's Guide - English
Guía del usuario - Español
Manuel de l'utilisateur - Français
Gebruikersgids - Deutsch
Benutzerhandbuch - Nederlands
Guida per l'utente - Italiano
Användarhandbok - svenska
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Includes Constant Force™ Technology

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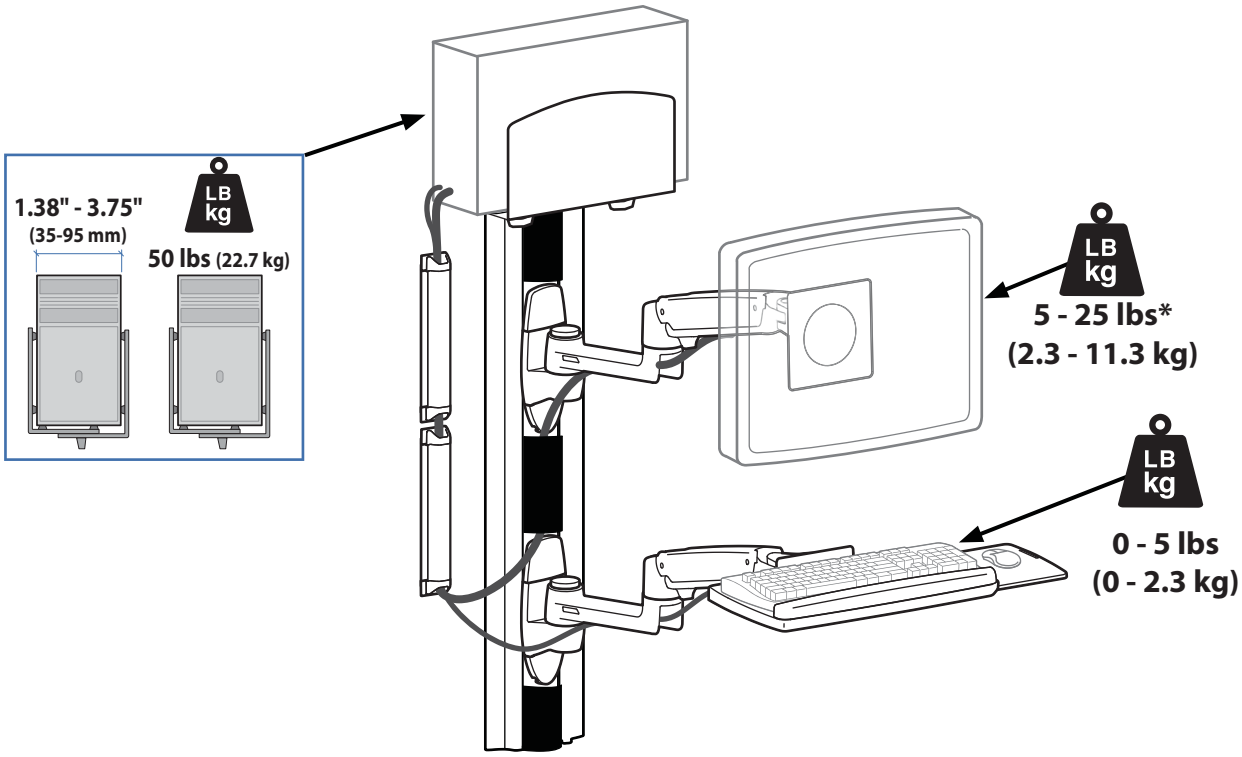
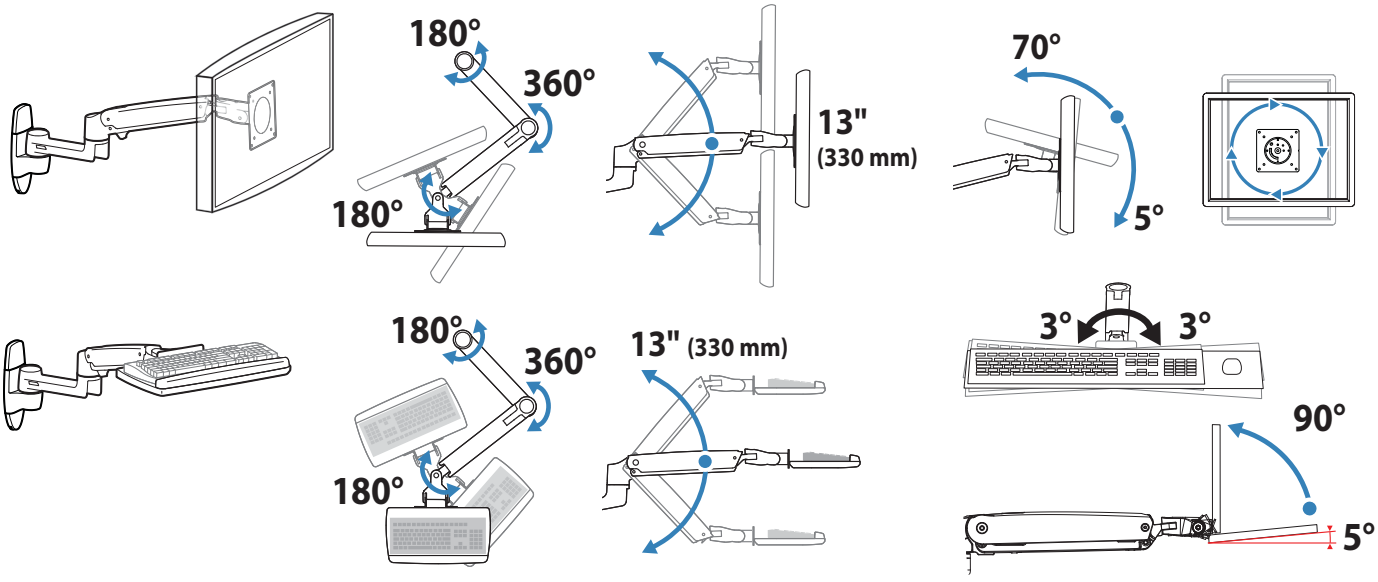
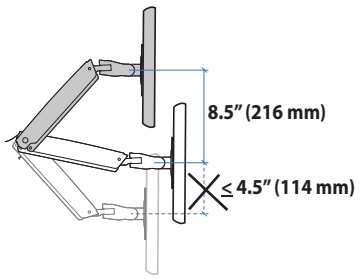




* Le point le plus bas du mouvement de levage vertical remonte jusqu'à 76 mm lorsque le bras est réglé pour porter plus de 9 kg.



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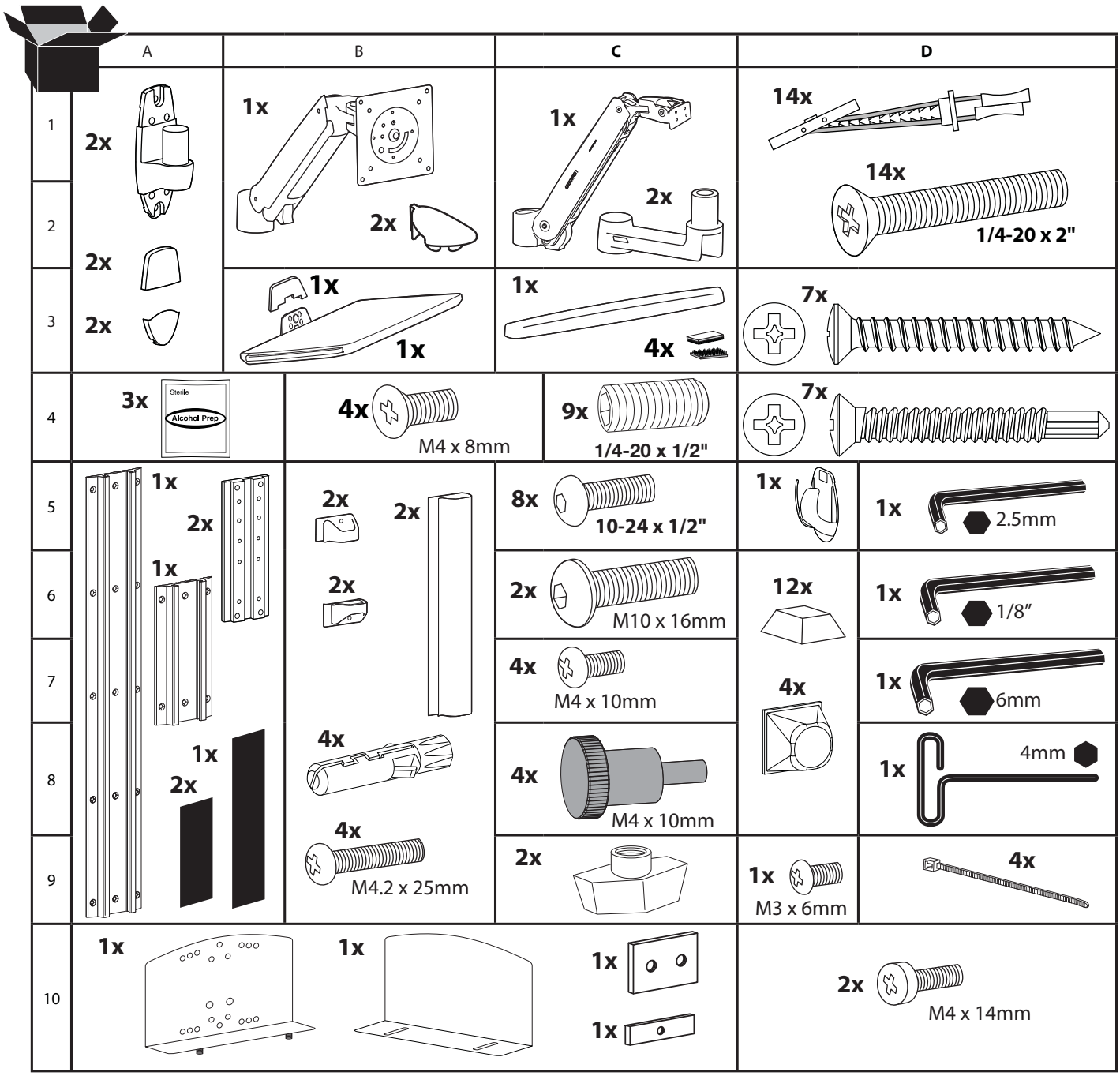
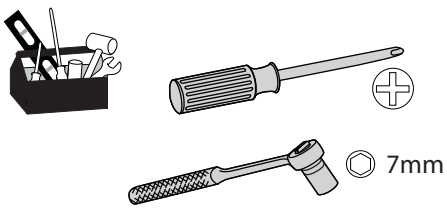
Composants

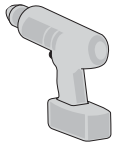


Outillage requis



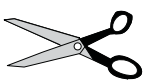
Stud Finder

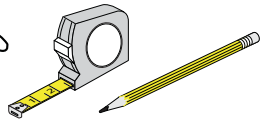
Ø 1/2" (12.7 mm)
Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁



Ø 3/16" (5 mm)

Wood	Studs ≥ 25 gauge steel
Madera	Pernos de acero de calibre ≥ 25
Bois	Goujons ≥ calibre 25 en acier
Solide Holzbalkenträger	Bolzen ≥ Blechlehre Nr. 25
Massief Houten Pilaren	Verbindingsbouten ≥ 25 gauge staal
Due montanti in legno massiccio	Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
木	Reglar ≥ 25-gauge stål
木质	25ゲージのスチールよりも強力なスタッド
나무	板墙筋为不小于 25 标号的钢材





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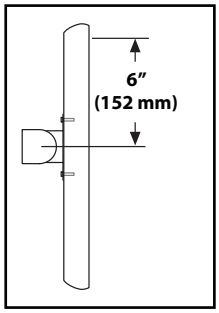
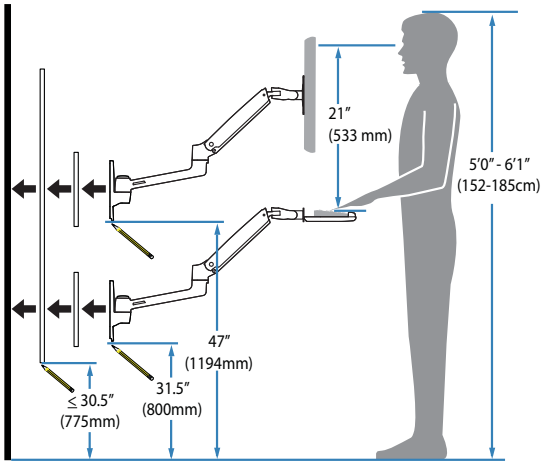
1 Hauteur de montage pour un poste de travail ergonomique

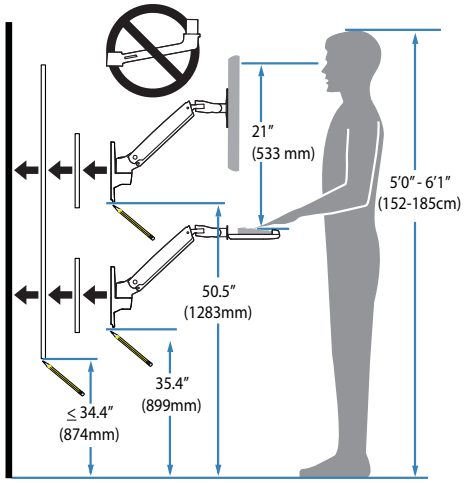
Cette hauteur de montage est une recommandation pour un poste de travail ergonomique pour les utilisateurs mesurant entre 1,52 et 1,85 m en configuration debout et entre 1,52 et 1,93 m en configuration assise.

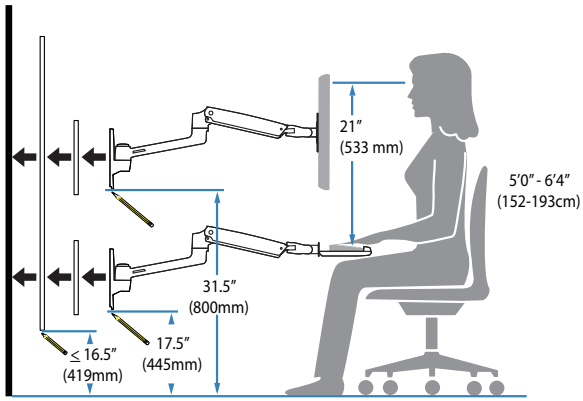
Si la taille de l'utilisateur se situe en dehors de ces fourchettes, vous devez modifier la hauteur de pose pour l'adapter à cette taille. (Changez la hauteur de pose d'un centimètre pour chaque centimètre de différence de taille de l'utilisateur).

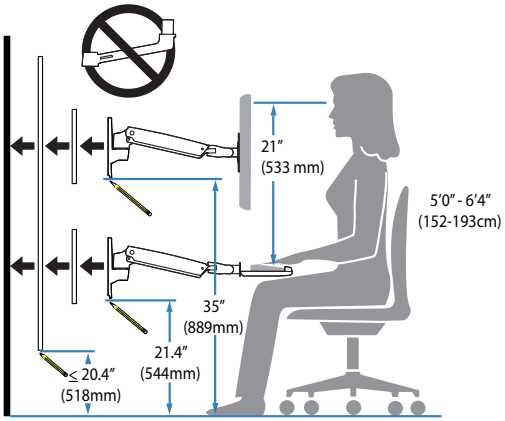


Cette hauteur de montage suppose une distance de 152 mm entre le centre des trous de montage de votre moniteur et le haut de l'écran. Si la distance est plus petite, vous devrez augmenter la hauteur de montage en conséquence; si la distance est plus grande, vous devez réduire la hauteur de montage en conséquence.



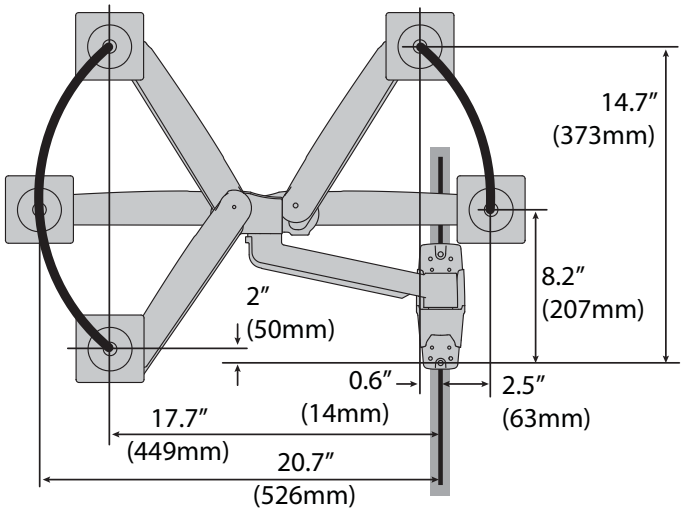




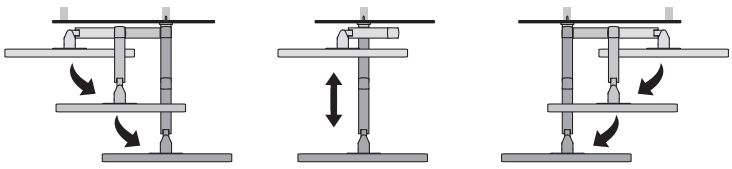


Déterminez l'emplacement de pose :

Vue de face avec bras poussé contre le mur



Vue de dessus montrant l'amplitude des mouvements lorsqu'il est dégagé du mur



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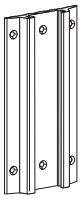
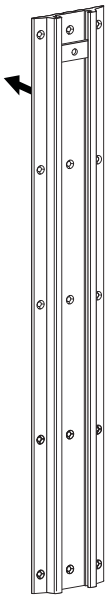
2



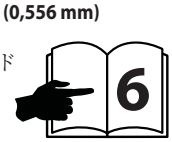


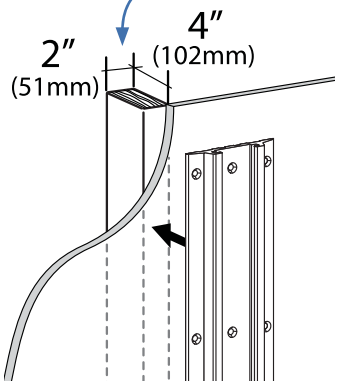
ATTENTION: Assurez vous que le mur sur lequel vous allez monter est capable de supporter 4 fois le poids total du matériel. Un montage sur une surface critique peut générer une faiblesse dans l'installation et causer des dommages corporels et/ou matériels. En cas de doute, contactez un professionnel.

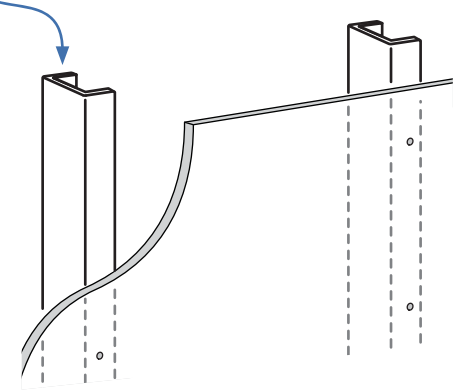
AVERTISSEMENT : assurez vous que le support moral soit bien à plat et contre la surface du mur. NE PAS SERRER EXCESSIVEMENT LES BOULONS.

Wood
Madera
Bois
Solide Holzbalkenträger
Massief Houten Pilaren
Due montanti in legno massiccio
木
木质
나무

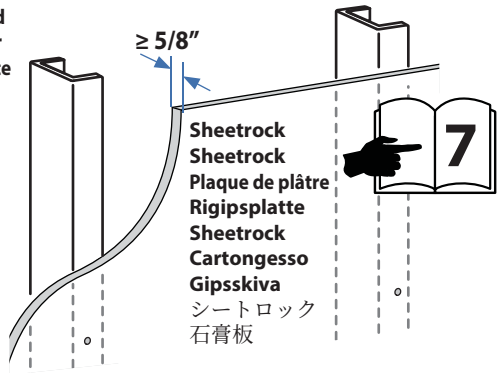
Studs ≥ 25 gauge steel
Pernos de acero de calibre ≥ 25
Goujons ≥ calibre 25 en acier
Bolzen ≥ Blechlehre Nr. 25
Verbindingsbouten ≥ 25 gauge staal
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
Reglar ≥ 25-gauge stål
25ゲージのスチールよりも強力なスタッド
板墙筋为不小于 25 标号的钢材







Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁



Sheetrock
Sheetrock
Plaque de plâtre
Rigipsplatte
Sheetrock
Cartongesso
Gipsskiva
シートロック
石膏板

Requires minimum material thickness of 5/8″ (16 mm).
Requiere un grosor mínimo de 16 mm.
Epaisseur minimum de 16 mm.
Requer uma espessura mínima de 5/8″ (16 mm).
Mit einer Materialdicke von mindestens 16 mm.
Vereist een minimale materiaaldikte van 1.6 cm.
Richiede uno spessore del materiale non inferiore a 16 mm.
厚さが最低 5/8″ (16 mm) の資材が必要。
需要最低材料厚度为 5/8 ″ (16 ㎜).

FRANÇAIS

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Madera	**Pernos de acero de calibre ≥ 25**
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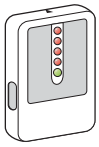
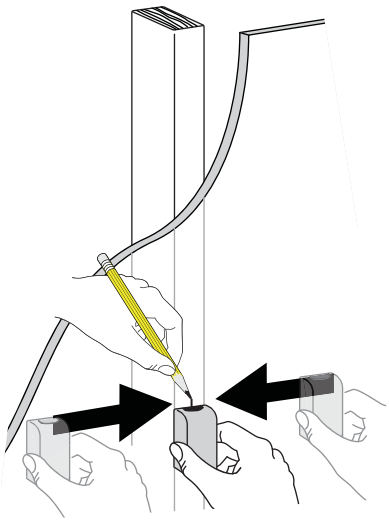
a



Stud Finder



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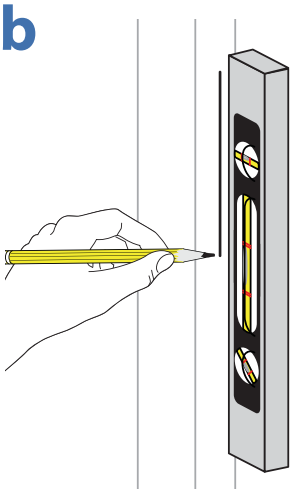

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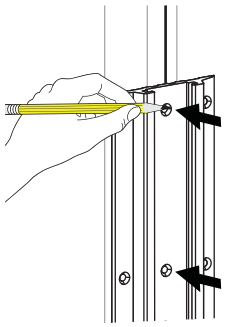

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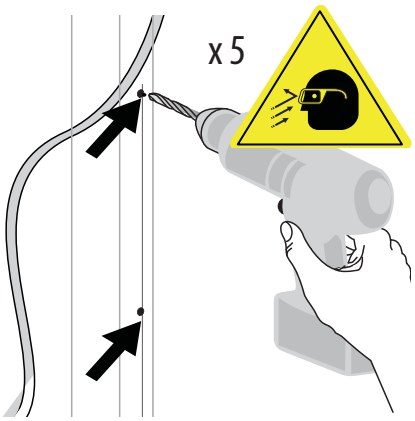
d

Ø 3/16" (5 mm)



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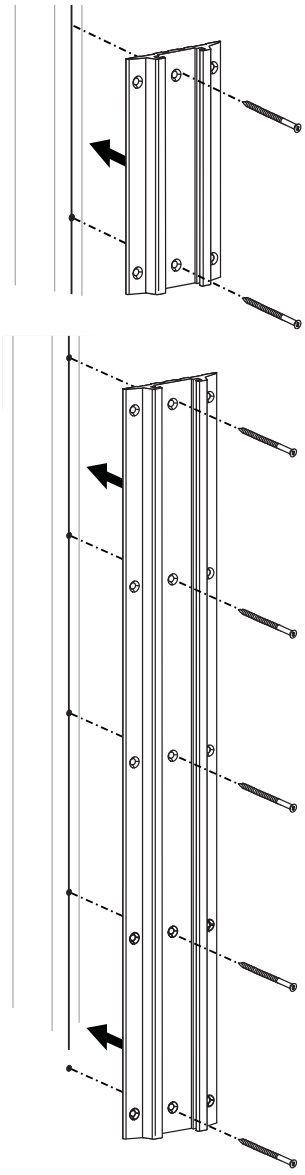
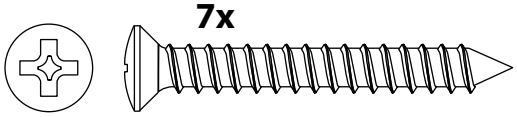


f

3

Pose sur un montant en bois



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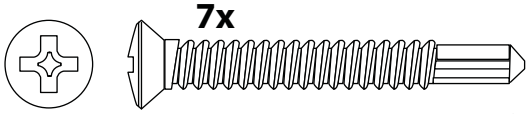

Hollow Wall
Pared
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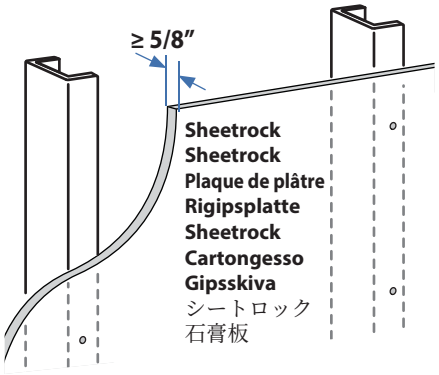
墙壁



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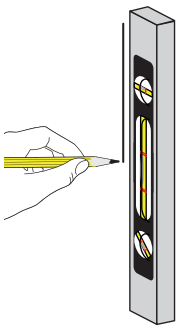
a



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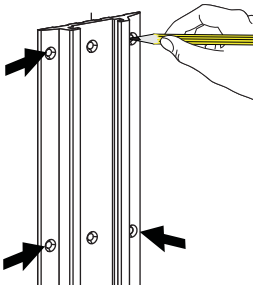

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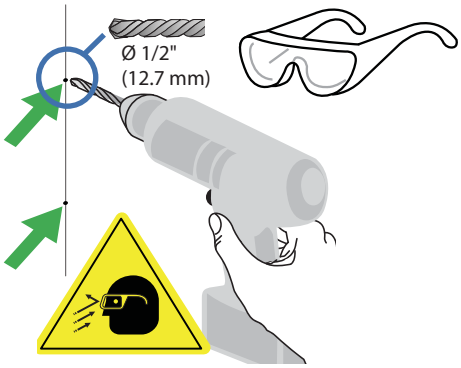

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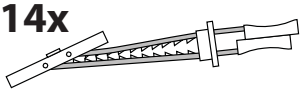

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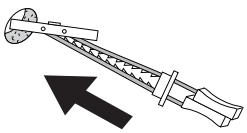

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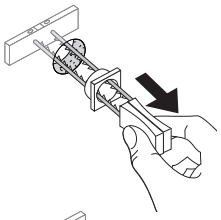

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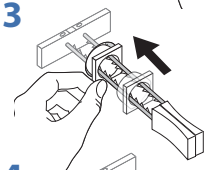

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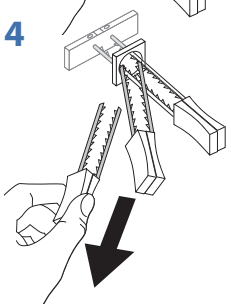

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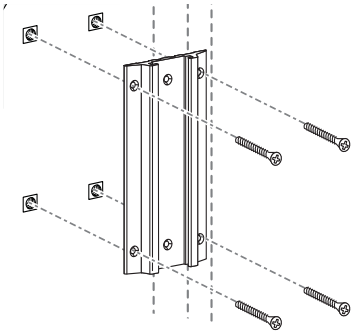

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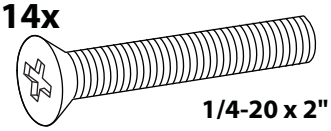

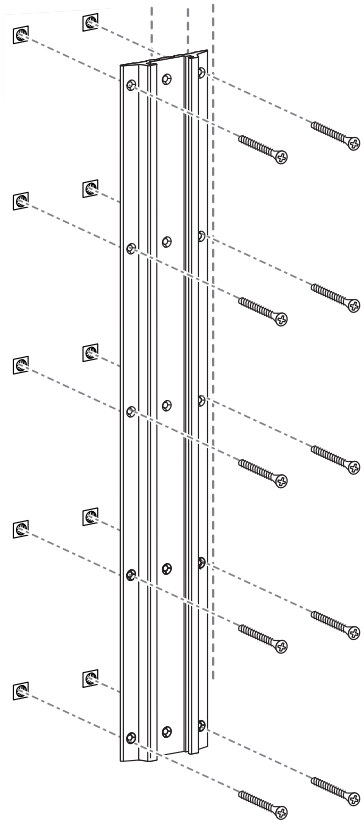

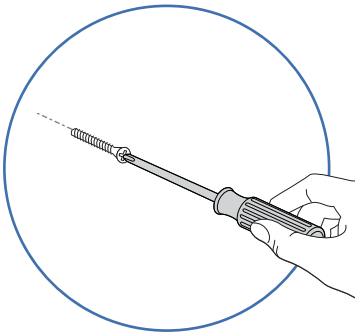

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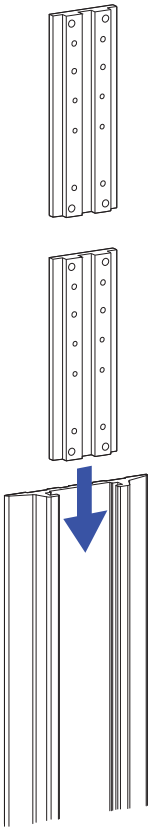
3

FRANÇAIS

3

a



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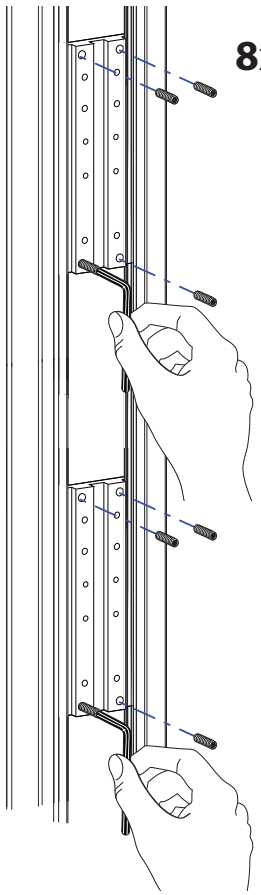

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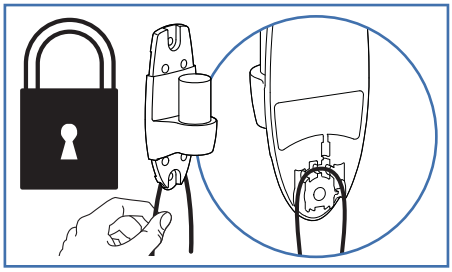
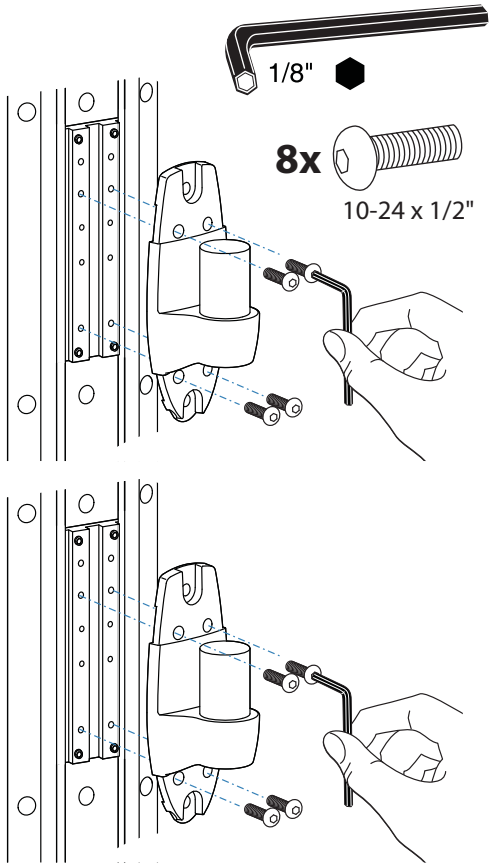
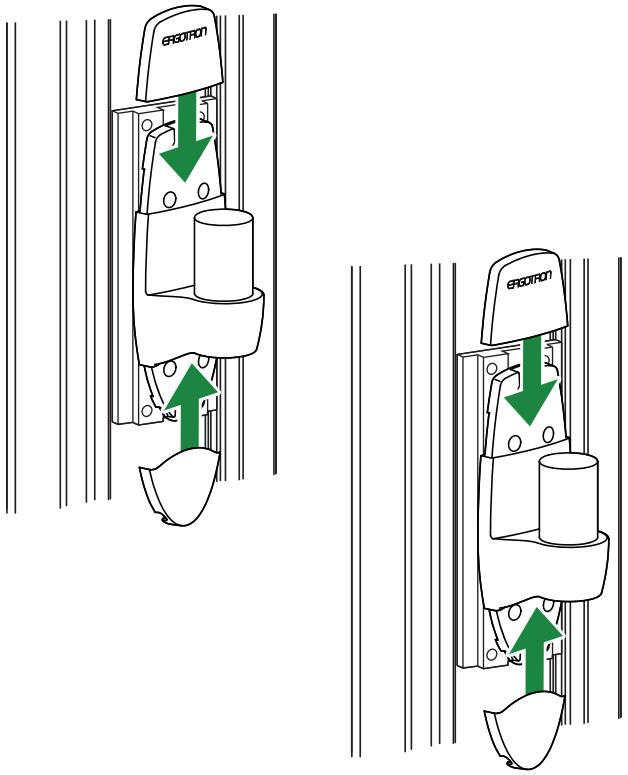




REMARQUE : avec le temps, les fixations peuvent se relâcher à cause des vibrations dues aux mouvements de la solution de fixation. Vérifiez les fixations de la solution régulièrement. Si vous le souhaitez, vous pouvez appliquer un adhésif de verrouillage léger sur les fixations avant l'installation pour éviter ce genre de problème.

d



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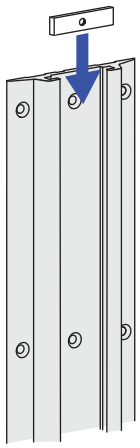

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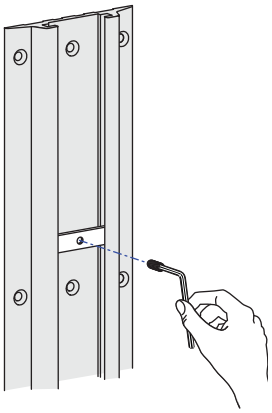

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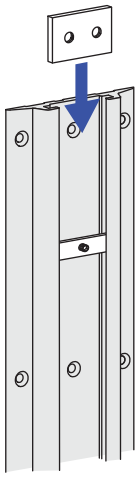

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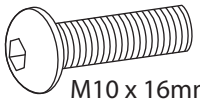

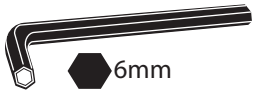

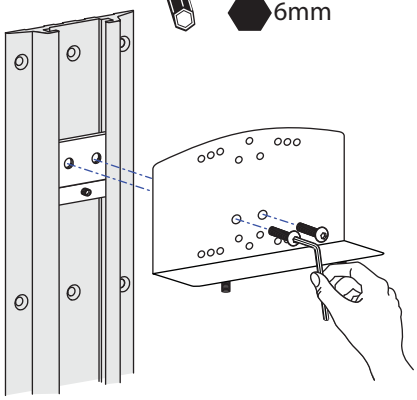

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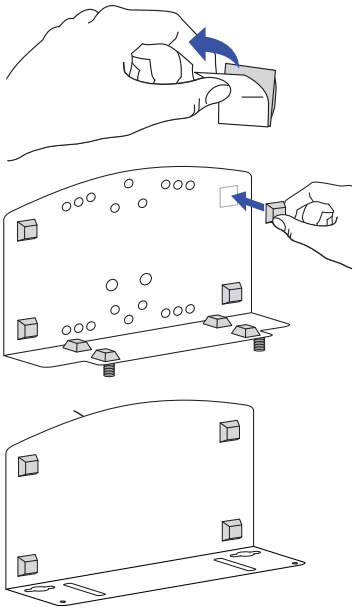

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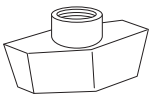

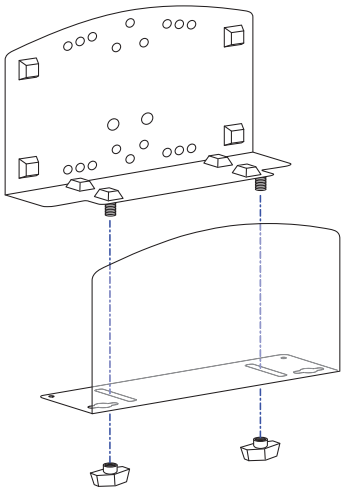

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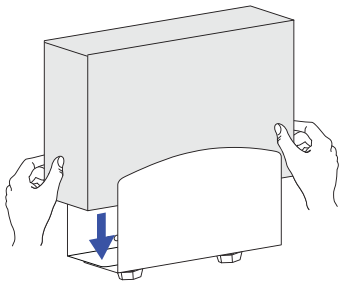

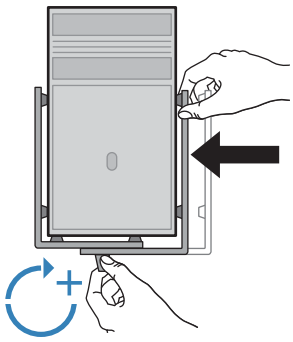

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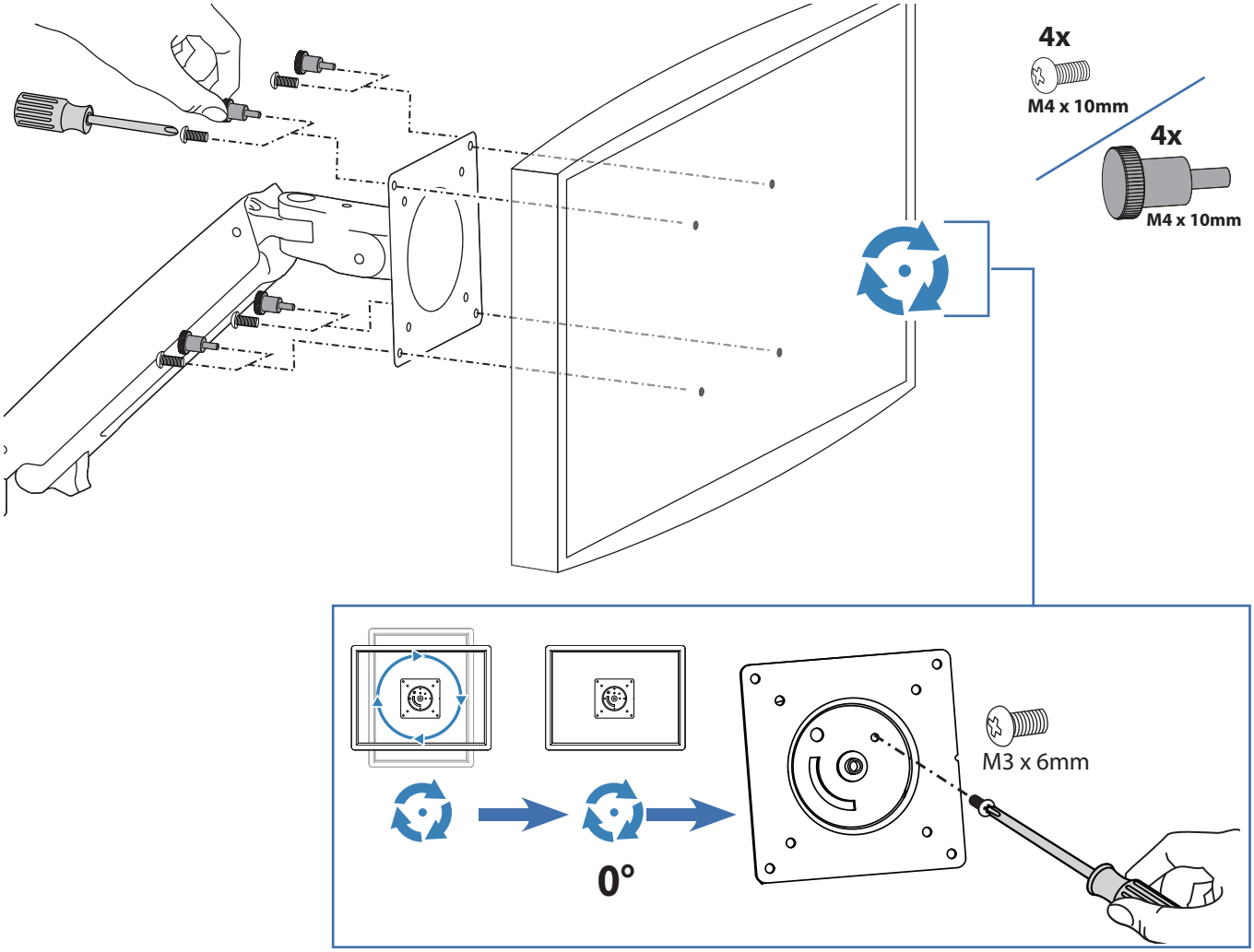

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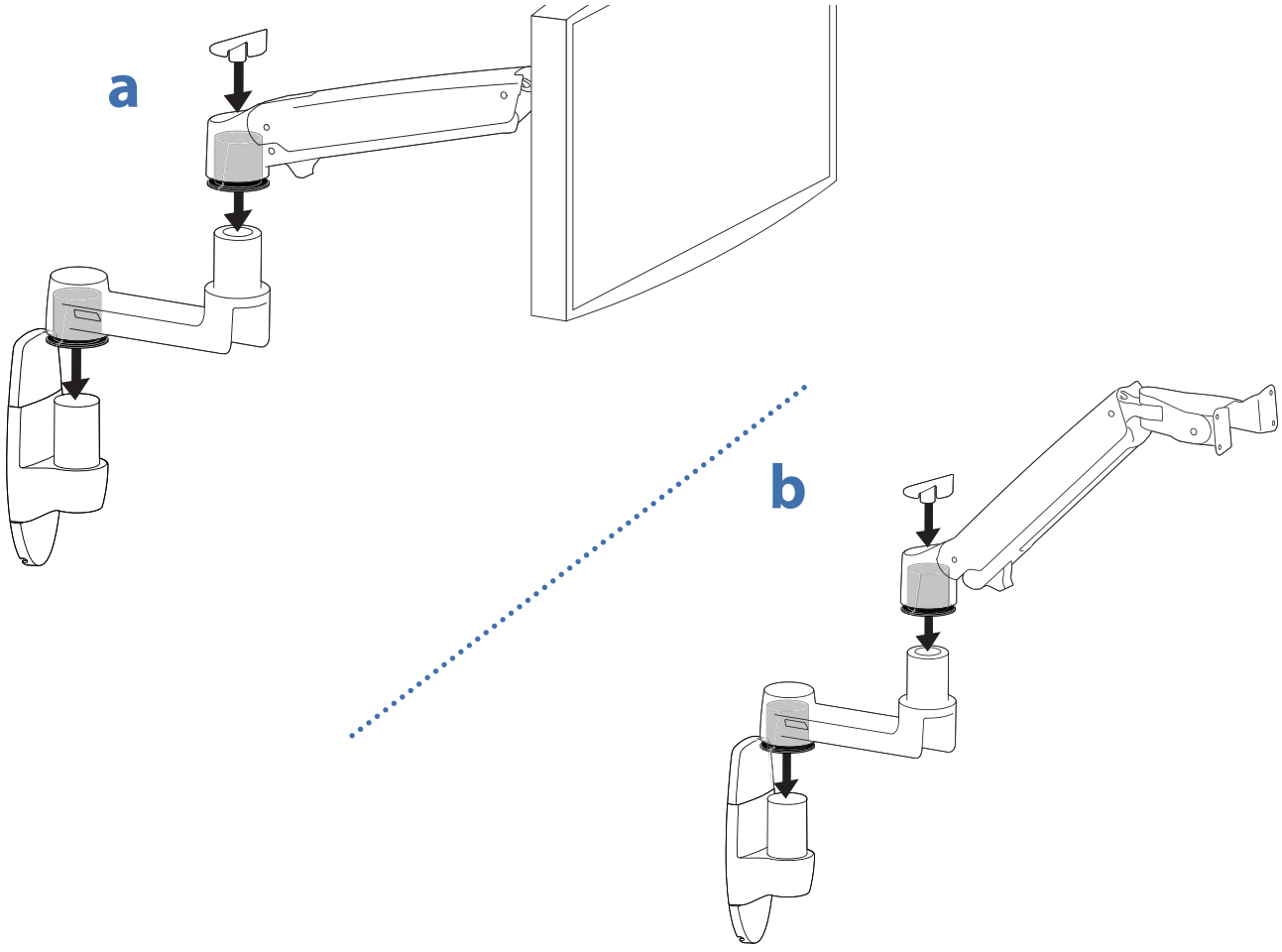

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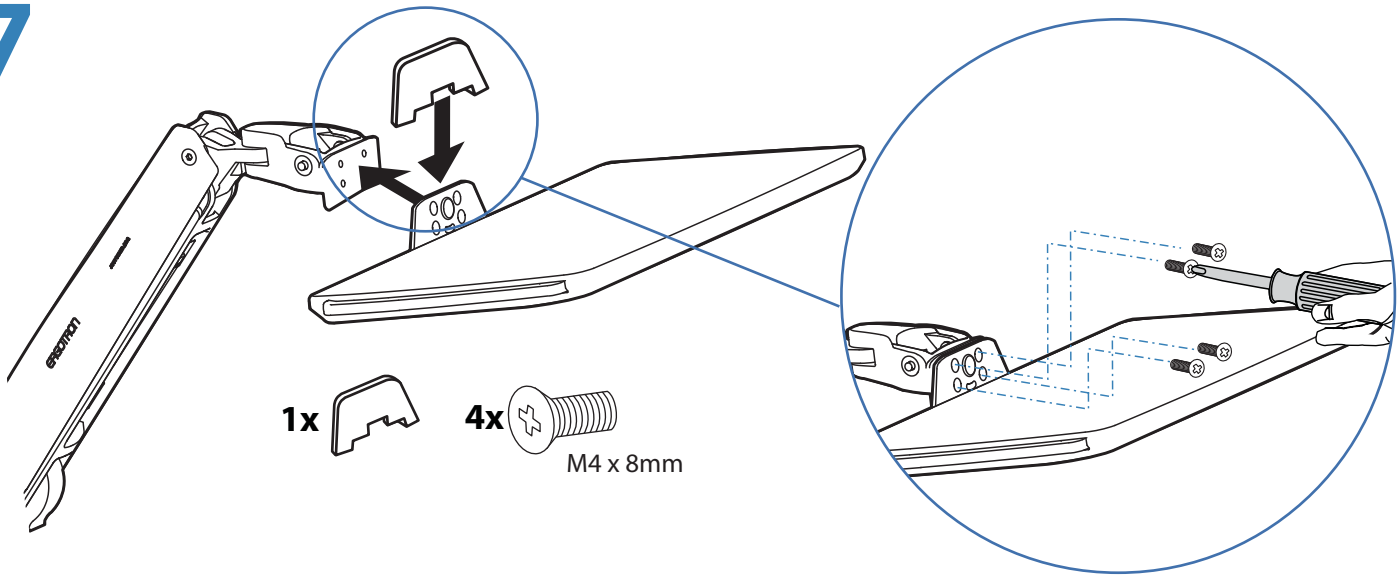

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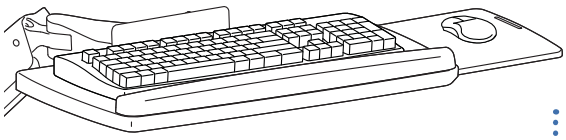

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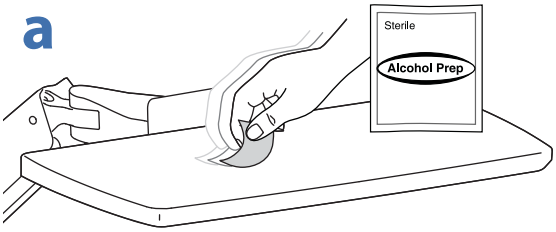

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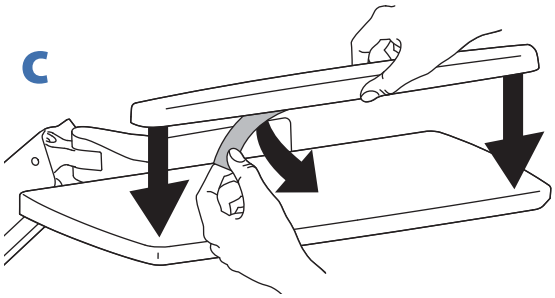

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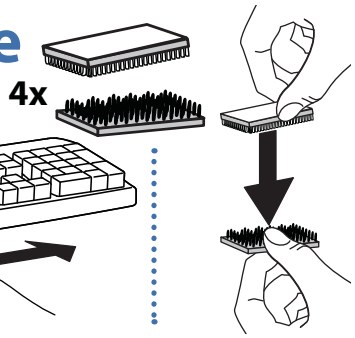

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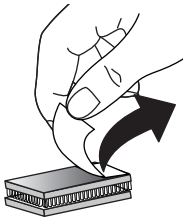

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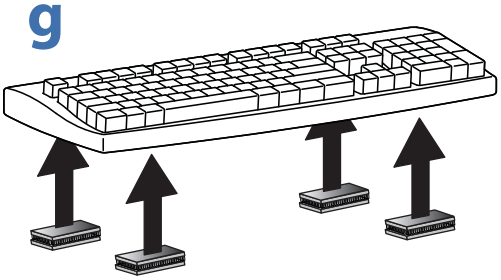

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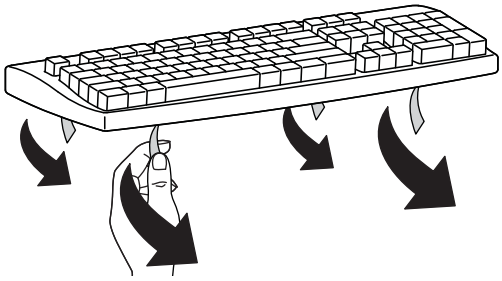

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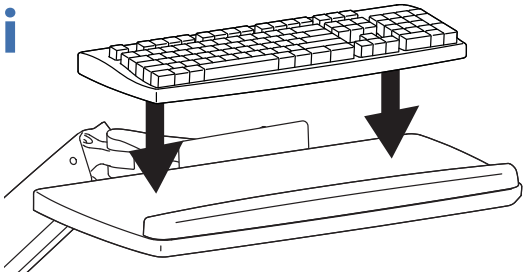

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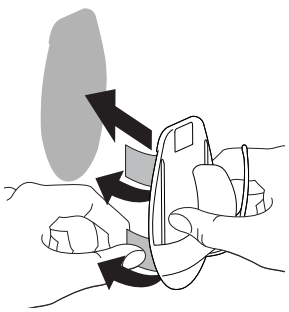

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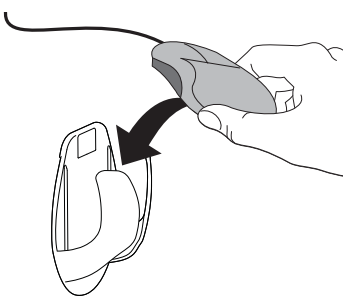

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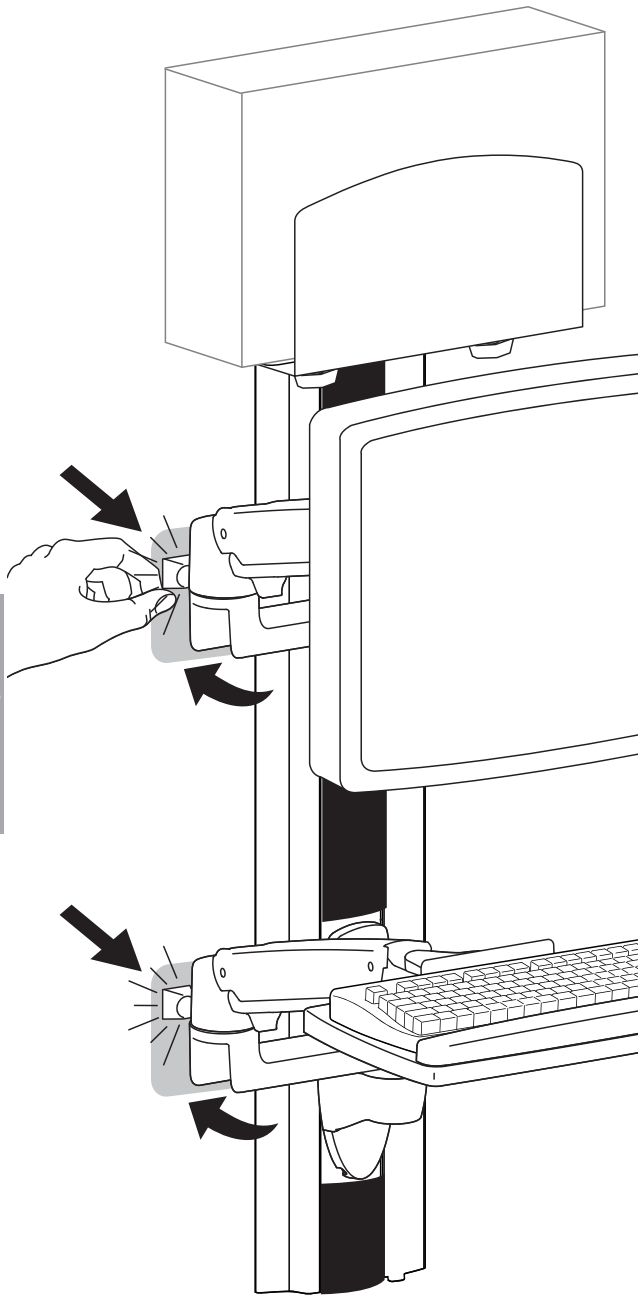

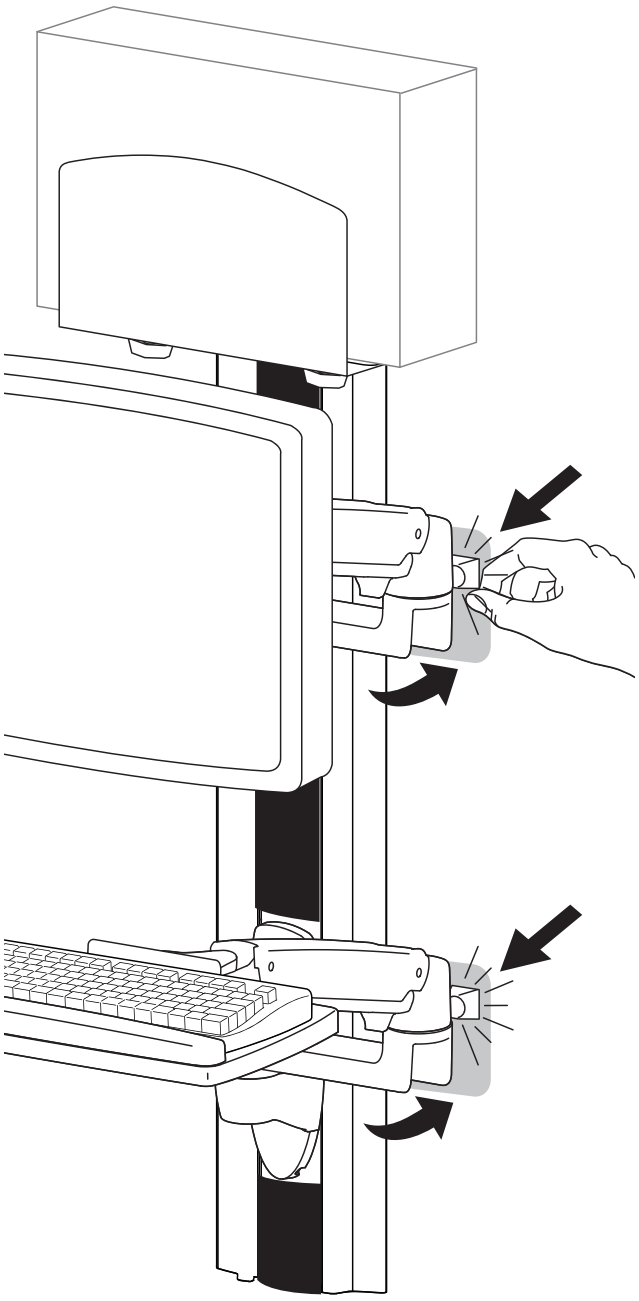

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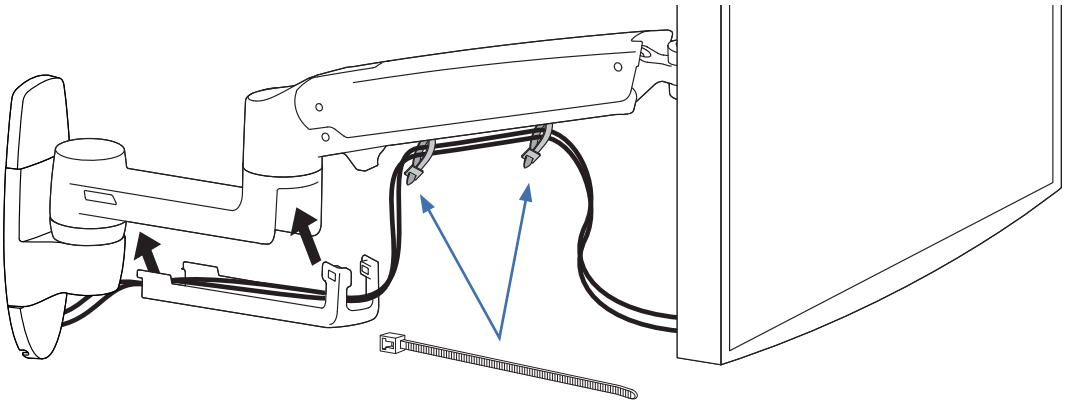
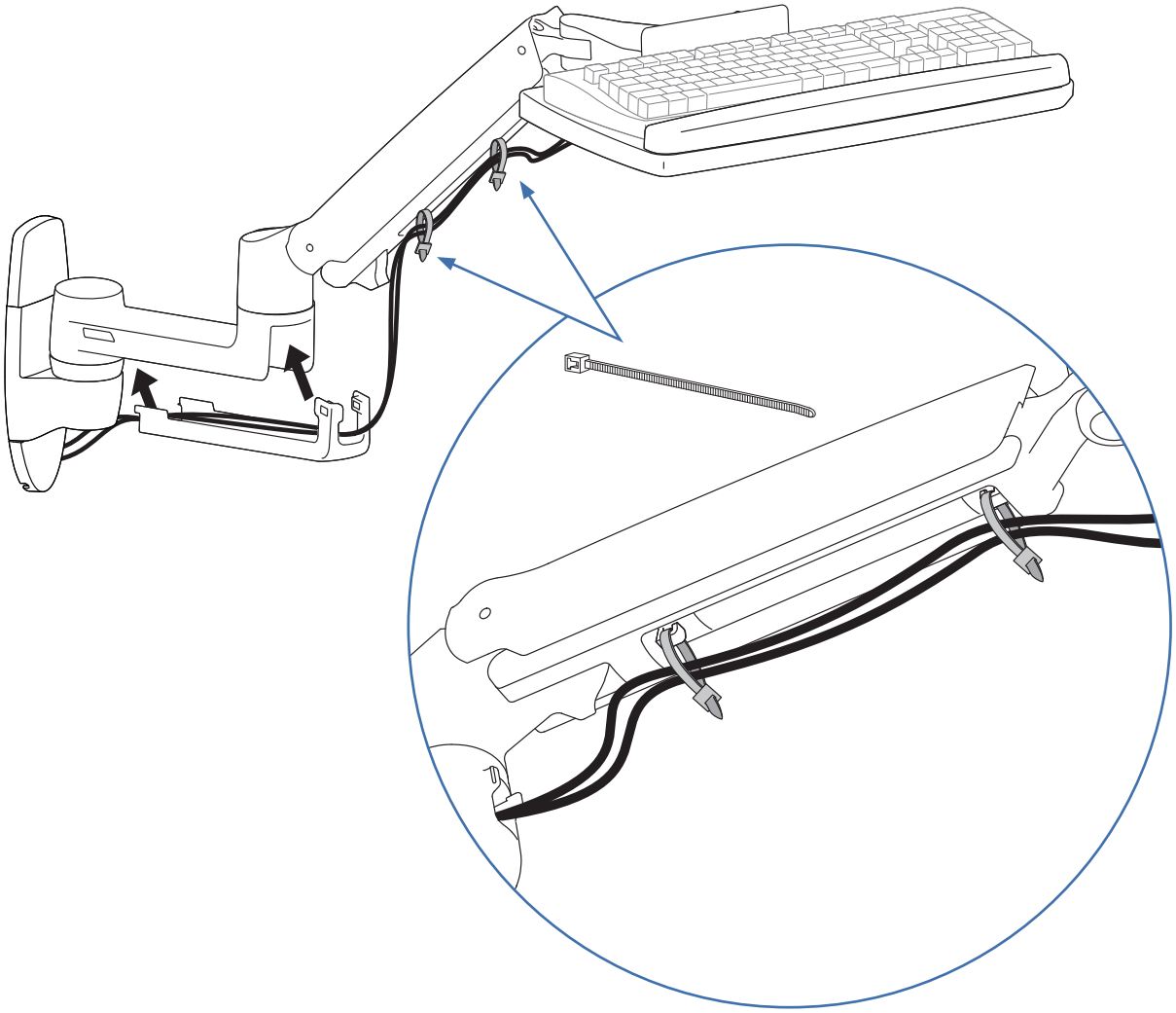
10

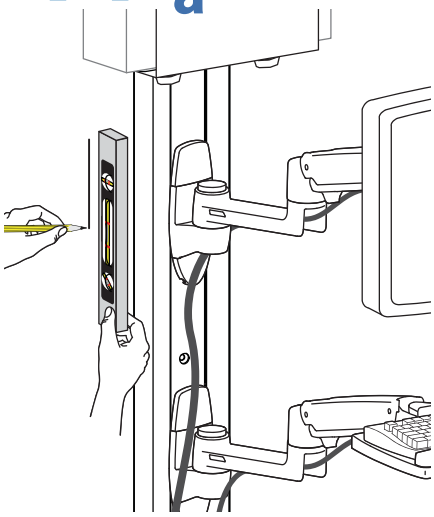
REMARQUE : Laissez suffisamment de mou dans le cordon pour permettre au mouvement de haut en bas de se faire sur toute la hauteur.

Attention : Pour éviter de risquer de pincer les câbles, il est important de suivre les instructions d'acheminement des câbles de ce manuel. Le non-respect de cette consigne peut entraîner des dommages matériels et/ou des blessures.





11 a



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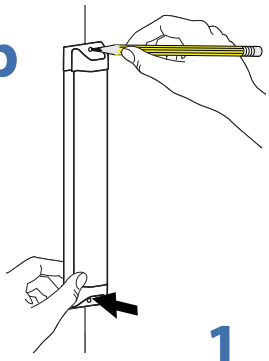

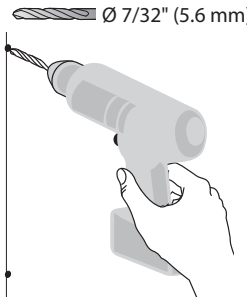

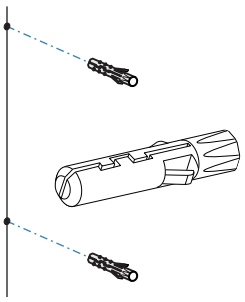

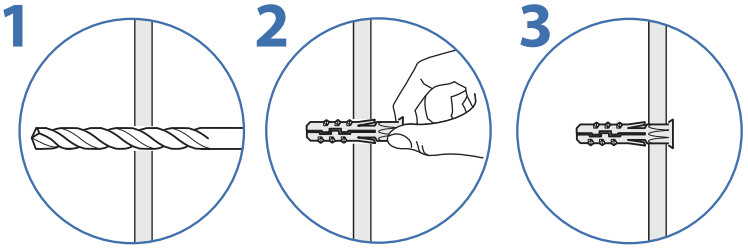

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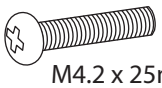

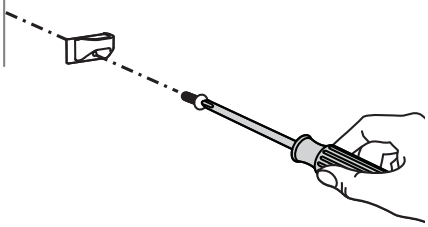

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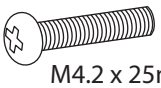

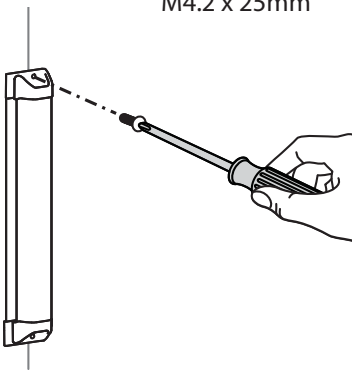

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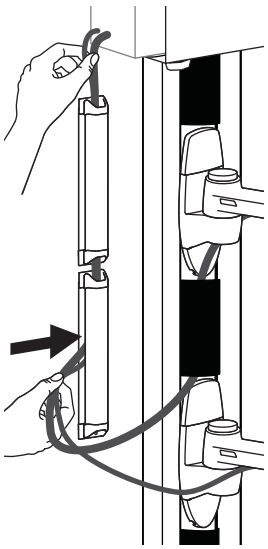

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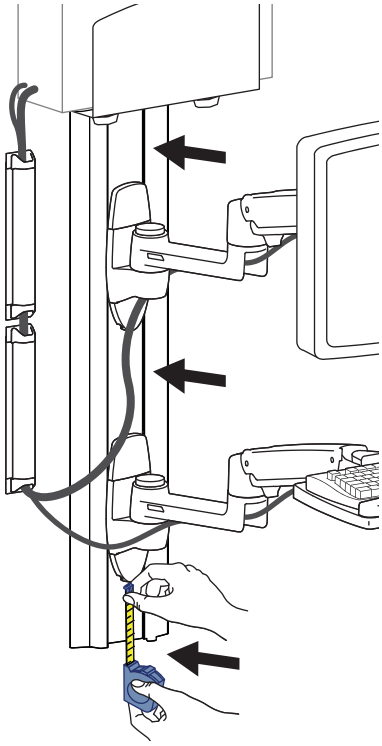

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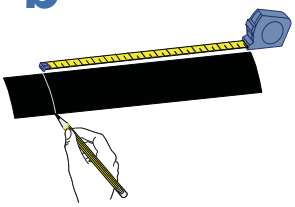

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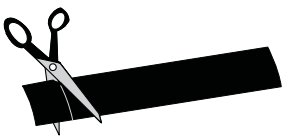

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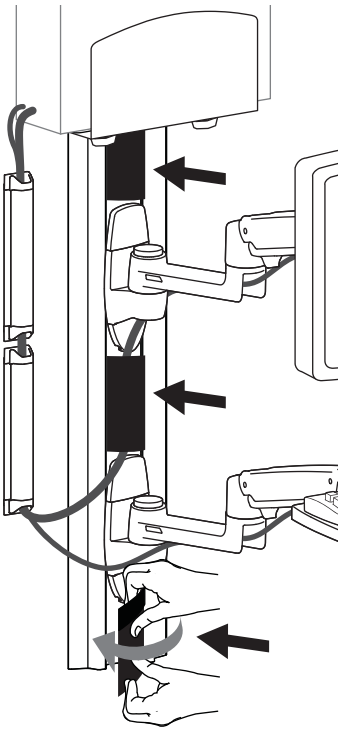
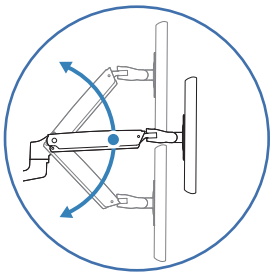


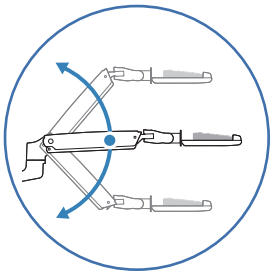
e

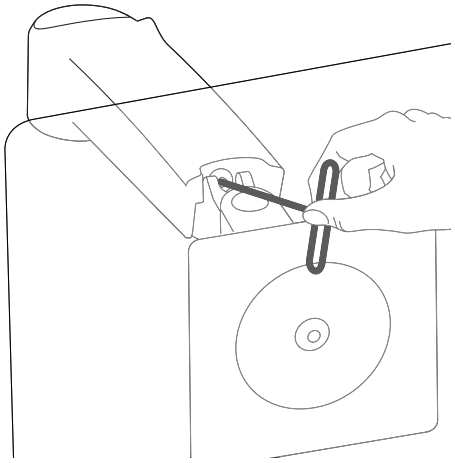
13 Étape de réglage

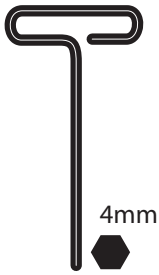
Important ! Vous devez ajuster le produit une fois l'installation terminée. Assurez-vous que l'équipement est correctement installé sur le produit avant de procéder aux ajustements. Ce produit doit pouvoir être déplacé sans difficulté sur toute la plage de mouvement et rester immobilisé à l'endroit où il est réglé. Si le mouvement est trop facile ou trop difficile, ou si le produit ne reste pas dans les positions souhaitées, procédez selon les instructions de réglage pour harmoniser les mouvements. En fonction de votre produit et du réglage, plusieurs tours peuvent s'avérer nécessaire pour remarquer la différence. Chaque fois qu'une pièce d'équipement est ajoutée ou retirée de ce produit, affectant en conséquence le poids de la charge montée, vous devez répéter ces étapes de réglage afin de garantir une utilisation sécurisée et optimale du produit.

a **Ajustement en hauteur : bas et haut**









+ LB kg

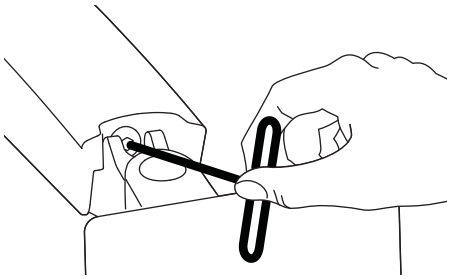
Augmenter la force de levage

Si le poids installé est trop lourd ou si le produit ne reste pas en place une fois soulevé, vous devez augmenter la force de levage :

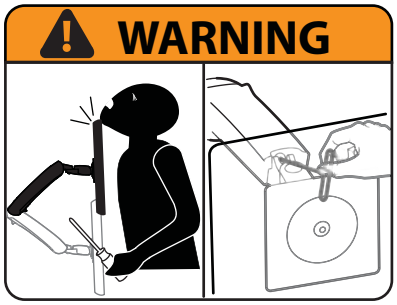
− LB kg

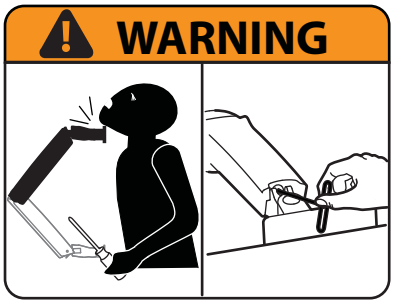
Réduire la force de levage

Si le poids installé est trop faible ou si le produit ne reste pas en place une fois abaissé, vous devez réduire la force de levage :



Attention: ne forcez pas le serrage de la vis, cela pourrait endommager l'écran et/ou les attaches.





AVERTISSEMENT! Risque d'énergie accumulée : Le mécanisme du bras est sous tension et se lèvera rapidement, tout seul, dès que le matériel est retiré. Pour cette raison, NE PAS retirer votre matériel à moins que le bras n'ait été mis à la position la plus élevée ! Risque de blessure corporelle et/ou d'endommagement du matériel en cas de non-respect de cette instruction !

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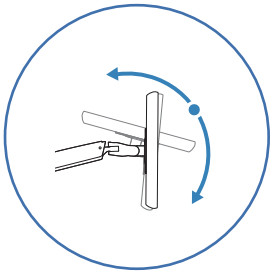
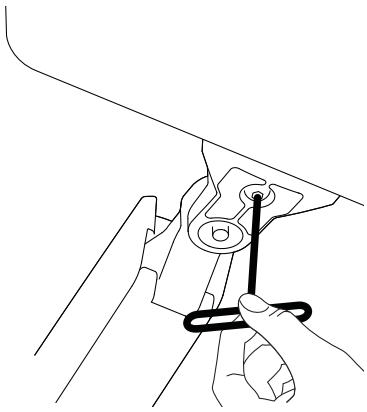
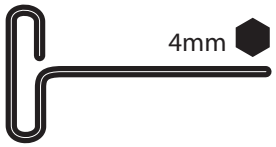
b Inclinaison : Avant et arrière





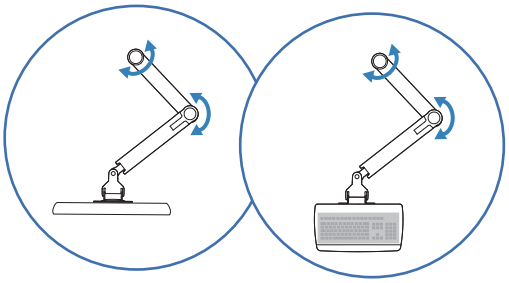


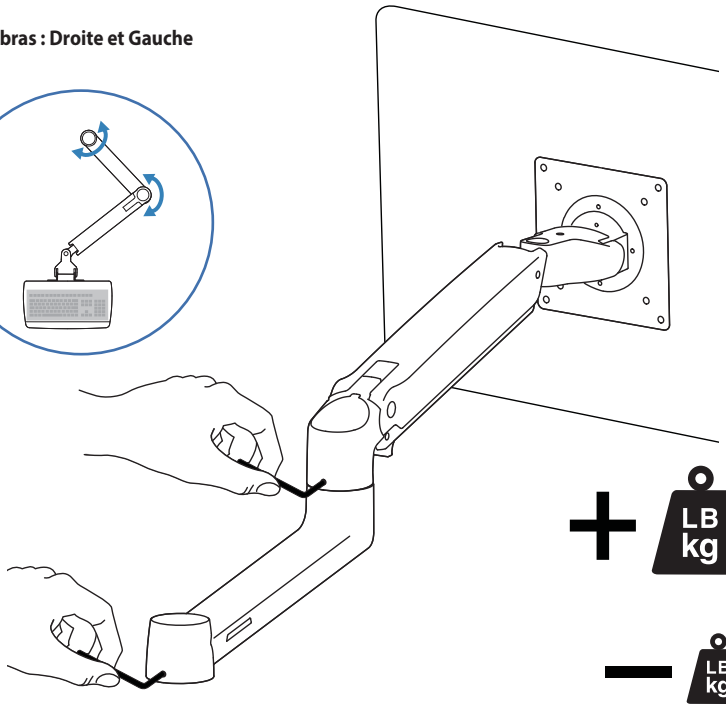
+ LB kg **Augmenter le frottement**
Si ce produit se déplace trop facilement, vous devrez augmenter la friction :

– LB kg **Réduire le frottement**
Si ce produit est trop difficile à déplacer, vous devrez diminuer la friction :

Attention : N'ENLEVEZ PAS la vis ! Enlever la vis pourrait endommager votre équipement.

c Mouvement du bras : Droite et Gauche

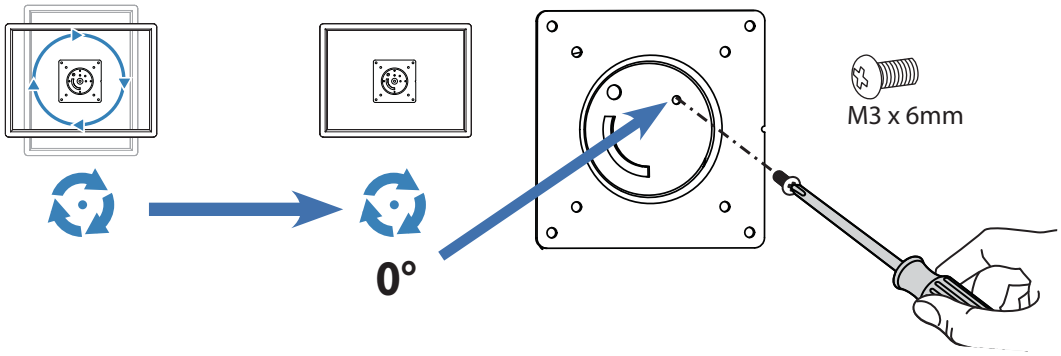




+ LB kg **Augmenter le frottement**
Si ce produit se déplace trop facilement, vous devrez augmenter la friction :

– LB kg **Réduire le frottement**
Si ce produit est trop difficile à déplacer, vous devrez diminuer la friction :

d Rotation : mode portrait et paysage



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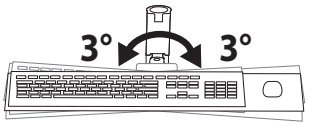
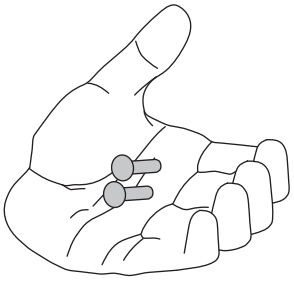
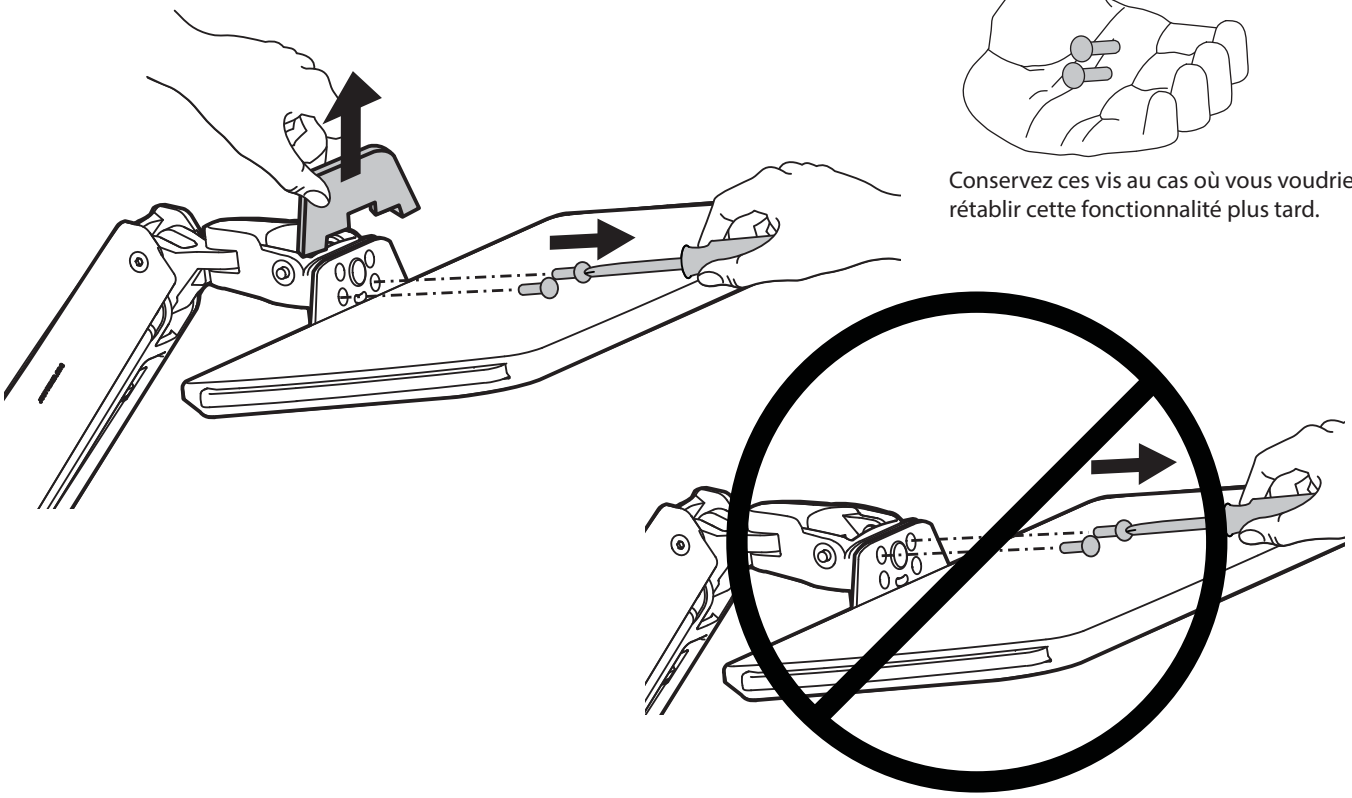
Comment faire pour supprimer cette fonctionnalité d'inclinaison :

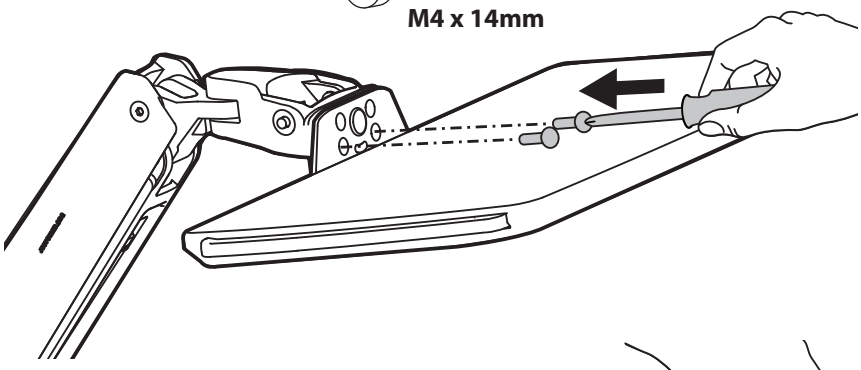


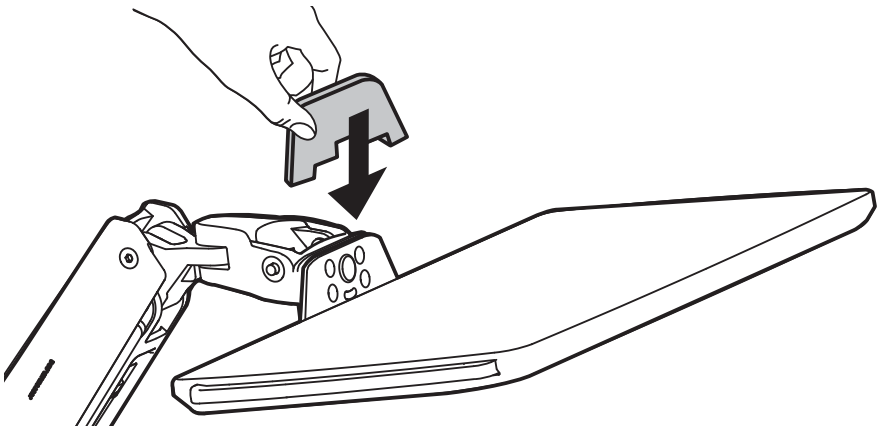


Conservez ces vis au cas où vous voudriez rétablir cette fonctionnalité plus tard.



M4 x 14mm





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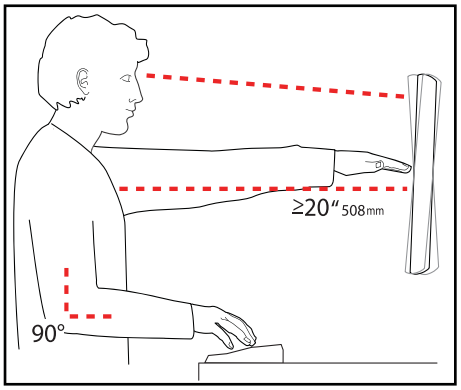
Ajustez votre station de travail en fonction de VOS besoins !



Apprenez-en plus sur l'utilisation ergonomique d'un ordinateur sur :
www.computingcomfort.org

Hauteur **Positionnez l'écran du haut légèrement en dessous du niveau du regard.**
Positionnez le clavier à peu près à la même hauteur que vos coudes, pour que vos poignets soient à plat.

Distance **Positionnez l'écran à un bras de distance de votre visage, à au moins 508 mm (20 pouces).**
Positionnez le clavier assez près pour que vos coudes forment un angle de 90°.

Angle **Inclinez l'écran pour ne pas être ébloui.**
Inclinez le clavier vers l'arrière de 10° pour que vos poignets soient à plat.

Pour réduire la fatigue
Respirez - Respirez profondément par votre nez.
Clignez des yeux - Clignez souvent des yeux pour ne pas avoir les yeux secs.
Faites des pauses • 2 à 3 minutes toutes les 20 minutes
• 15 à 20 minutes toutes les 2 heures.

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Pour toute question concernant la garantie ou le service client, consultez www.ergotron.com

Pour les numéros de téléphone du service client local, visitez : http://contact.ergotron.com

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